

# Looking for a Healthier Lifestyle?



## New Preventive Benefits from Medicare

New preventive benefits are available now. People with Medicare can start taking advantage of these services to help stay healthy: Cardiovascular and diabetes screening tests and for those new to Medicare, a one-time “Welcome to Medicare” physical exam.

For more information, call your Indian Health Provider or 1-800-MEDICARE (1-800-633-4227). You can call 1-800-MEDICARE 24 hours a day, seven days a week to answer your Medicare questions. TTY users should call 1-877-486-2048. Information is also available at [www.medicare.gov](http://www.medicare.gov) on the web.



**Call your Indian Health Provider  
or 1-800-MEDICARE today!**